



(U) Executives and Mid-Level Managers: 'Transform' Your Energy Levels!

FROM: [REDACTED]
Leadership & Management Learning Services (EL1)
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(U//FOUO) Is the ops tempo in SID draining your energy level? Wish you could "surge" all the time? Register for this class:

LEAD-4412AA, Energy Management
Class #7184
31 August, 0800-1600
Room 9A135, Headquarters Building

(U//FOUO) This seminar will be presented by Dr. Jim Loehr, CEO and co-founder of LGE Performance Systems, a training company which specializes in helping business executives and other professionals achieve full engagement in high stress environments. The ability to maintain continuous, reliably high levels of energy throughout the day is becoming increasingly important as the demands on Agency leadership continue to escalate. This program focuses on helping participants to better understand the role of energy renewal in sustained high performance and to build specific energy management skills to more effectively accomplish the Agency mission.

(U//FOUO) Participants will learn:

- What energy management is.
- The difference between energy management and time management.
- How to maintain high levels of energy throughout the day.
- Strategies for increasing physical and emotional well-being as well as resilience.
- Rituals to eliminate physical and mental barriers to peak performance.
- To align values with performance.
- To identify personal and professional visions.
- How to develop commitment and design a personal plan for action.

(U//FOUO) Who should participate: LEAD-4412AA is for mid-level managers and executives.

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